

Name: Class: Date:

LIVE OUTSIDE THE BOX

Mini Passport



NSW HEALTH
NORTHERN SYDNEY
CENTRAL COAST
AREA HEALTH SERVICE



Grown-ups

Want healthy kids? Be a role model, and be active when you're with your children. **Can't fit it into your busy day?** Remember you can accumulate the adult recommended minimum of 30mins in sessions of as little as 10 mins. How about starting it off with 20 mins walking or cycling with your kids to school... it gets your children and you active together, and saves petrol!

Check out www.healthpromotion.com.au for ideas on how to be more active as a family, and how to create an "Active Home Entertainment Centre"

WEEK 1

Hi KIDS! Are you ready to join in the LOTB Mini Passport Activity?

This is a fun way to see how active and healthy you can be! All you have to do is:

- colour in a picture** each time you eat a healthy breakfast, eat a serve of fruit or veggies, have a drink of water (see Week 2 for "What is a Serve?") or do some physical activity. You get more points for doing these healthy things!
- It's the opposite when you eat "sometimes" food or watch TV/play on the computer - you get less points for these! Check out the scoring system to make sure you get your points right.
- At the end of the week, add up your totals.
- Turn over and see if you can improve your totals next week!

WEEK 1	Breakfast	Water	Fruit	Veggies	Sometimes Food	Activity	TV/Computer	TOTAL	Parent Initial
	Healthy Breakfast = 1 point	1 cup = 1 point 2 cups = 2 points 3 cups = 3 points 4 cups = 4 points 5 cups = 5 points	1 serve = 1 point 2 serves = 2 points	1 serve = 1 point 2 serves = 2 points 3 serves = 3 points 4 serves = 4 points	0 serve = 2 points 1 serve = 1 point 2+ serves = 0 points	15 mins = 1 point 30 mins = 2 points 45 mins = 3 points 1 hour+ = 4 points	0-1 hour = 2 points 1-2 hours = 1 point 2+ hours = 0 points		
MON								/20	
TUE								/20	
WED								/20	
THU								/20	
FRI								/20	
SAT								/20	
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TOTAL WEEK 1								/140	

What is a Serve?

WATER: 1 cup = 250ml

FRUIT: eg 1 medium piece (e.g. apple), 2 small pieces (e.g. fresh apricots), or 1 cup tinned fruit, ½ cup juice*

VEGGIES: eg 1 potato, ½ cup cooked veg, or 1 cup salad

SOMETIMES FOOD: E.g. 30g chips, 375ml soft drink, ½ meat pie, 2 choc biscuits, 1 donut

* It's easy to believe that fruit juice is a healthy drink, BUT juice contains sugars found naturally in fresh fruits, which become very concentrated when made into juice. It also doesn't have the fibre that a piece of fruit has. For this activity, juice has to be counted as a "Sometimes food" after you have had 125ml (1/2 cup). Water is the best choice!

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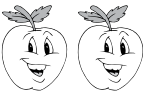



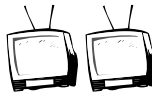


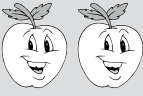

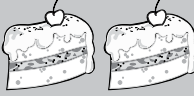

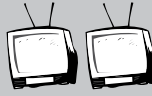


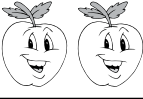



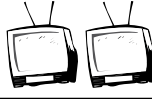


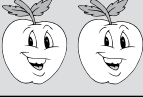



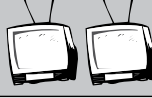


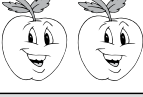






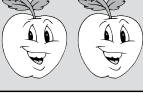







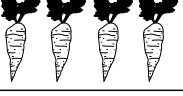



Grown-ups

Did you know?

Regular meals, eaten together as a family and away from the TV promote healthy eating.

Why not set a reward for improving scores from week 1 to week 2... Try stickers, a colouring in book, play dough, balloons, having a friend over to play, going ice skating, going to the park, going on a bike ride, going to a movie, or buying an active toy...

Check out **www.healthpromotion.com.au** for great lunchbox and snack ideas, links to ideas for eating more fruit and veggies and MORE!

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